Abstract

Name: The level of physical fitness and the detection of the motor skills level of primary school age children.

Objectives: To find out the current level of physical fitness and basic motor skills of primary school age children.

Methods: The main method of the research was an observation. The study included 54 children (8.9 ± 0.6 years old, 31 girls and 23 boys). For the evaluation of physical fitness, we used the Unifittest (6-60) and for the evaluation of motor skills was used the MABC-2 motor test. The Student´s test and the Cohen´s d effect size coefficient, were used for the evaluation of group differences.

Results: In the MABC-2 motor skills test, 22 % of children achieved the result in a zone above the 84th percentile, 20 % of children were between 51-84th percentile, 50 % of children were in the range between 17-50th percentile, 4 % of children were between 6-15th percentile and another 4 % of children were in the range of <5 percentile. The results of the Unifittest test battery (6-60) showed us that 41 % of children were average, 20 % of children were below average, significantly below were 17 % of children, above average were 15 % of children and 7 % of children were well above average. Girls achieved significantly higher overall MABC-2 performance compared to boys (11.5 ± 2.7 vs 10.0 ± 3.2; d = 0.51). Girls achieved better results in all subtests. However, a significantly better result was achieved by the girls only in the manual skills subtest (12.4 ± 3.1 vs. 10.6 ± 3.0, d = 0.59, p <0.05). On the other hand, boys achieved higher performance at the fitness level test compared to girls (19.5 ± 5.3 versus 22.1 ± 6.6) but this difference was not significant. Within the Unifittest(6-60)test battery, significantly higher score was reached by boys in a 4x10 meter shuttle run (13.5 ± 1.0 vs. 12.8 ± 1.3, d = 0.61, p <0.01). Individuals who participate on organized sport activities achieved significantly better results, both in measuring the level of movement skills (11.3 ± 2.5 vs. 9.7 ± 3.8, d = 0.51), as well as in measuring fitness level (21, 8 ± 5,8 vs. 17,7 ± 5,4, d = 0,73, p <0,01). Significantly better results in the subtests of manual skills and balance were recorded by children who participate on organized sport activities. In the partial tests such as

standing broad jump, 4x10 meter shuttle run and sit-ups (60 seconds), children who participate on organized sport activities achieved better results

Keywords: motor skills, physical fitness, primary school age, MABC-2, UNIFITTEST (6-60)